



## Psychotherapy Houston

Life is full of changes, but some changes can leave us un-sure what to do or where to turn. Change often means that what we used to know, what used to make sense to us, doesn't anymore. We live our lives knowing what to expect and then suddenly the world doesn't make any sense—that's what change can do to us.

Everyone faces difficult life-changing events. Sometimes these are changes we didn't want, and sometimes these are ones we did. Either way, change can make us feel lost, stuck, or without direction—and sometimes even guilty about how we are feeling. Sometimes it can be confusing to feel good about the change, while at the same time wishing things were the way they used to be. The truth is that every change in our lives involves a form of grieving—whenever we experience change, we also experience loss.

### Woodja Flanigan

Woodja Flanigan is a Licensed Psychologist in private practice in Houston. He received his M.S. in Psychology and Ph. D. in Counseling Psychology from the University of Florida,. He has over 10 years experience in working with high school and college students and adults in counseling centers, community mental health settings, and private practice addressing a wide range of psychological issues.

Dr. Flanigan offers general psychotherapy, including treatment for a variety of challenging life issues including adjustment, bereavement, interpersonal relations, stress management, mild depression, mild anxiety, personal growth, and self-exploration. He specializes in life transitions, ranging from career counseling and retirement planning to come out and gender re-assignment. He can assist you in dealing with current changes or obstacles in your life or in planning for your future.

His training and professional involvement has focused on minority communities of all kinds. In addition to clinical work and research with ethnic minorities, Woodja has acquired training in and experience in working with non-traditional minorities. He has frequently been asked to speak on gay and lesbian experience and mental health, transgender concerns, and body modification issues. He understands how important identification with or involvement in an "alternative lifestyle" can be too many individuals. He respects individuality and strives to create a safe and welcoming environment for all of his clients.



Dr. Flanigan has taught at Santa Fe Community College in Gainesville, FL, the University of Florida, and the University of Houston. He is an occasional adjunct faculty at the University of St. Thomas. He is actively involved in the his professional community and is a member of the American Psychological Association; the American Counseling Association; National Career Development Association; Association for Gay, Lesbian and Bisexual Issues in Counseling; Association for Multicultural Counseling and Development; and the Houston Psychological Association. He is involved in his local community as a lifetime member of Misfits-Houston, in which he has served on the executive board for 6 years, including 3 years as President, and is Mr. Prime Choice Texas 2009 and Mr. Lonestar 21.

## Individual psychotherapy



Individual psychotherapy begins with an introductory session. During this session we will interview each other to determine the appropriateness of a working relationship and begin to develop our mutual expectations for the relationship and the work that we will do together. We will agree to a schedule and begin developing a plan of therapy that is right for you.

We will meet regularly and work toward the changes that you wish to see in your life, beginning with a formal interview in which I get a history of relevant aspects of your life. Therapy will be a combination of conversations revolving around your

concerns and guided exercises intended to teach you new behaviors and to improve your self-understanding. Additionally, we may decide on activities for you to do between sessions so that you can integrate the work we do in session into the rest of your life. We will determine together what the best pace is and what the best techniques are to be used in the course of your therapy.

## Psychotherapy



My psychotherapy looks at the way you experience and interact with your world. I encourage you to recognize the real limitations in your life and to move beyond the perceived ones that may be interfering with the potential quality of your life. I assist you in taking on the responsibility of changing your life as we discuss behaviors that you can do differently to become the best you possible.

I believe that psychological discomfort often occurs when we fail to recognize our true potential and fail to accurately perceive the obstacles to our happiness. Through therapy we will work together to discover both the external and internal personal barriers that are preventing you from being content and achieving your true potential.

Therapy will primarily consist of supportive, non-judgmental conversations aimed at gaining better understanding of yourself and your situation. The unique difficulties of your situation will be acknowledged and validated. Similarly, your particular strengths and resources will be affirmed. Together we will explore healthier ways of approaching both your obstacles and your goals.

My approach to therapy, however, is more than just "talk." My approach is an active one, one in which you will be guided in exercises and learn new behaviors and new ways of being. These will be done either during session or as homework to be done between sessions, so that you can continue to work on self-improvement all week long.

**For more information please visit**  
**<http://www.houston-psychologist.com>**